Gestalt Therapy

EXCITEMENT AND GROWTH IN THE HUMAN PERSONALITY

Frederick S. Perls, Ralph Hefferline & Paul Goodman

With a New Introduction
By Isadore From and Michael Vincent Miller

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GESTALT THERAPY:

EXCITEMENT AND GROWTH IN THE HUMAN PERSONALITY

Frederick Perls, M.D., Ph.D. Ralph Hefferline, Ph.D. Paul Goodman, Ph.D.

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Introduction to the Gestalt Journal Press Edition of *Gestalt Therapy*

Isadore From died on June 27, 1994 from complications during treatment for cancer. He was seventy-five years old. He had been through a period of increasingly serious illness and endured it with courage, ironical reserve, and a complete lack of self-pity. He had also remained in close touch with his numerous friends in the United States and Europe. For Isadore, friendship had always been the sine qua non of the good life.

As much as he loved literature and philosophy and paid careful attention to language in both his teaching and practice, Isadore refused to write. He profoundly influenced the theory and practice of Gestalt therapy through the medium of the spoken word — through teaching and supervision. His few published pieces are transcripts of talks or interviews. So it will come as no surprise that he left the actual writing of this introduction to me. We did have a chance, though, to get together for some long conversations about an early draft before his illness and its treatment with chemotherapy fatigued him too much for further exchanges of that kind. I sent him the final version shortly before he died. I don't know whether he had an opportunity to read it all the way through.

So I am compelled to take full responsibility both for the quality of the writing and for any errors in what follows. However, Isadore so deeply shaped my own understanding of Gestalt therapy that what I have written is saturated with his thought. This introduction certainly belongs to him as much as it does to me. I also want to express my gratitude to Hunt Cole, Isadore From's companion for thirty-four years, for his skilled editorial scrutiny of the manuscript.

— M.V.M.
Cambridge, Massachusetts